COMMUNITY

Pages 8–9
Cinco de Mayo
Desfile y Fiesta

EL CENTRAL
HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 35, #27 • **May 9, 2024**

SPORTS

Page 10 –
Michigan Panthers
Win Nail Bitter !!!

¡La celebración del 5 de mayo atrajo a miles de personas al suroeste de Detroit!

El Comité Patriótico Mexicano del Metro Detroit y sus voluntarios organizaron un fin de semana lleno de actividades para la celebración del 5 de mayo con el tema "La Historia del Suroeste de Detroit". Se comenzó con la Fiesta del 5 de Mayo, entre las calles 21st y Bagley en Mexicantown llevándose a cabo el sábado y el domingo.

La Fiesta contó con vendedores de artesanías y comida, mesas informativas sobre recursos y servicios comunitarios y, por supuesto, bailes con artistas locales en el escenario. El conocido Grupo Nueva Herencia se presentó el sábado por la noche y Mauro Cruz y Los Invitados amenizaron el domingo por la noche. Además, la Fiesta organizó un combate de lucha libre el domingo después del desfile para los fanáticos, especialmente para los niños.

La pieza central de las celebraciones fue el tradicional desfile, en el corredor comercial W Vernor que acogió a miles de espectadores a lo largo de 3 millas y docenas de carrozas, autos decorados y grupos de caminantes totalmente disfrazados.

Consulte las páginas 8 y 9 para ver más fotografías del desfile y la Fiesta.

Cinco de Mayo Celebrations Attract Thousands to Southwest Detroit!

The Mexican Patriotic Committee of Metro Detroit and its volunteers organized a weekend full of traditional festivities to celebrate Cinco de Mayo with the theme "La Historia de Southwest Detroit". The weekend kicked off with the two-day Cinco de Mayo Fiesta at 21st and Bagley in Mexicantown on both Saturday and Sunday.

The Fiesta featured artisan vendors, food vendors, information tables for community resources and services, and of course, dancing with local entertainers on our stage. Well-known Grupo Nueva Herencia performed on Saturday evening and Mauro Cruz y Los Invitados entertained on Sunday evening. Plus, the Fiesta hosted a wrestling match on Sunday after the parade for wrestling fans, especially the kids.

The traditional centerpiece of the celebrations was the parade down the W Vernor commercial corridor hosting thousands of spectators along the 3-mile procession and dozens of parade floats, decorated cars, and walking groups in full costume.

This year's Grand Marshall Honoree was Ozzie Rivera, retired social worker and cultural activist and musician. Rivera currently teaches Afro Latino History and Culture at Wayne State University and social work at the University of Michigan. Rivera also contributes a frequent column to EL CENTRAL called Recuerdos y Pensamientos.

Please turn to pages 8 and 9 for more photos of the parade and Fiesta.

Miss Mexico-Detroit 2024, Daniela Diaz, waves to the crowd lined up along W Vernor Hwy.

Cedar Point Announces New Rules For TT2

Top Thrill 2 artwork provided by Cedar Point

With Cedar Point now open for the 2024 season, they've implemented 5 new safety rules for anyone that wants to ride the new Top Thrill 2 (TT2).

The 5 new rules are;

1. All riders must be at least 52 inches tall.

2. No loose articles including cellphones, keys, lighters and even lipstick are permitted on the ride. All riders will pass through metal detectors at the ride's entrance. You are not permitted to wear waist packs or use zippered pockets to store loose articles. You will be allowed to wear glasses on the coaster but they must be secured with a strap that tightly secures to your head.

3. All cellphones, purses and loose articles must be left with a non-rider or inside lockers that will be situated at the ride's entrance. There will be a rental charge for the lockers.

4. Loose-fitting shoes or any shoe without a strap or back including flip-flops or sandals are not permitted on the ride. Riders are not permitted to ride barefoot.

5. The Top Thrill 2 uses a safety restraint that must touch the top of the thighs of each rider. A test rider seat is located at the ride entrance to ensure proper fit of the safety restraint.

For tickets to Cedar Point, please visit; https://www.cedarpoint.com/season-passes

For more information on Top Thrill 2 rider guidelines, please visit; https://www.cedarpoint.com/blog/2024/top-thrill-2-rider-safety-guidelines

Michigan Central Station Kicks Off Historic Reopening with Community-wide Celebration

Following a six-year restoration by Ford Motor Company, the iconic Michigan Central Station will begin a new chapter, allowing the public inside for a look at the landmark's glorious return during a multi-week celebration in June.

Ford acquired the building in 2018 and after extensive restoration and design efforts, Michigan Central Station will become a vibrant destination for Detroiters and all who visit the city, serving as the centerpiece of the Michigan Central technology and cultural hub that spans 30 acres.

To recognize this long-awaited milestone with the community, Ford and Michigan Central will host "Michigan Central OPEN," an 11-day celebration beginning June 6 with an outdoor concert featuring iconic Detroit artists. The following 10 days will give the public a chance to see the revitalized Station with an open house before the building's first commercial occupants begin moving in this fall. Visitors will be invited to tour the renovated Station, learn about the rich history of the landmark, the city, and its people, and get a sneak peek into Michigan Central's bright future.

"I am truly excited to share the historic Michigan Central Station restoration with the entire Detroit community and beyond," said Bill Ford, executive chair of Ford. "This is a milestone we can all celebrate. Michigan Central Station was once a symbol of Detroit's decline, and now it is going to represent its renewal and bright future. This monumental project has taken more than 1.7 million hours of work and reflects Ford's dedication to the community, Detroit's role in shaping the future of mobility, and the opportunities that our city, state, and region continue to offer."

OPEN
MICHIGAN CENTRAL

Michigan Central OPEN Celebration

On June 6, Michigan Central will kick off the festivities with Michigan Central OPEN Live, a 90-minute outdoor concert in front of The Station headlined by well-known Detroit musical artists. The show will feature short films, appearances by local leaders, and creators telling stories of innovation and culture from around the city and the region.

Cont. on pg.12

Diles que lo Viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

2 Community
Lowriders Roll Out for a Blessing: Honoring Tradition, Style, and Community

3 Community
EL CENTRAL Interview: WSU President Dr. Espy Is Committed to Latino Student Success

4 World Cultures
Muiscas - Chibchas from Colombia

8 Community
Cinco de Mayo Parade and Fiesta photo highlights

10 Sports
Michigan Panthers Win Nail Bitter !!!

13 Opinion
"¿Cómo honrar el Cinco de Mayo en los Estados Unidos?"

13 Jobs/ Trabajos

Lowriders Roll Out for a Blessing: Honoring Tradition, Style, and Community

Photos and captions by: Luciana Vega

By Andrea Meza

It's Lowrider season, and in Detroit, it kicks off with the annual Blessing of The Lowriders, a community event that began in 1998 to bring together lowrider car and bike clubs and to have their cars blessed.

Those unfamiliar with lowrider culture might mistakenly believe that it's connected to gangs, but in fact, lowriders are about art, religion, and especially, familia.

Victor Villalobos, founder of the Blessing of The Lowriders, created this event twenty-six years ago with the goal of breaking stereotypes.

"It's important to show that you should never judge a person by their look or the tattoos. Instead, be open to their passion and drive," Villalobos said.

At the Blessing of the Lowriders, you will find Abel Perez, founder and president of the Detroit chapter of GoodTimes, a Detroit Lowrider car club. Perez, who always sports cholo fashion, says lowriders have been a family tradition his entire life. He and his wife, Maria, were born and raised in LA, where everyone they knew was into lowriders.

"The lowrider is in every crew in LA, so you grow up seeing it, watching it on every corner every weekend, stopping the traffic, doing their thing. I used to love that," Perez said.

Lowriders are the pinnacle of LA Chicano culture, dating back to the 1940s. It started after World War II when Latinos were able to afford luxury cars and began to modify them as a form of self-expression and identity.

Perez, his wife, Maria, and their infant daughter, Kathy, moved to Southwest Detroit in 1999 to be with family. Unsure if people in Detroit were into lowriders like back home in LA, he decided to cruise around the neighborhood in his Monte Carlo on a Friday night and find out.

"When I was driving back, I seen a few cars hanging out in the Burger King on Livernois," Perez said.

However, while hanging out at Burger King, he reunited with an old friend from LA, and they decided to start their own car club chapter together.

A car club, like another type of club, is a group of like-minded people with passion and dedication for their car, but most importantly, it is about the culture.

"People interested in joining a car club must be willing to show off their commitment and enthusiasm when it comes to their car and the community," Perez said.

As president of the GoodTimes Detroit Chapter, Perez enforces rules from the club headquarters, such as what type of cars are accepted, what type of modifications on a car are needed, and how much of an active participant a person must be.

Rules are set as a way to create fairness and respect throughout the group. Everyone's car at the base level must be of the same quality, and everyone must equally contribute when it comes to planning events that take place throughout the summer.

There are several lowrider car clubs in Detroit. For twenty years, Sergio Vallejo has been an active member of the Majestics, a worldwide car club that started in Santa Fe Springs, California, in 1973. Vallejo explained that as a member, you are usually put on probation when you first ask to join a club. It's a way to see if someone is genuinely passionate about their car and being part of the group.

"They give you like six months to be around before they give you a shirt or a plaque to put on your car," Vallejo said.

When a member receives their shirt and plaque, it is a form of approval for the club and a way to indicate what crew you are riding with at the shows.

Once car clubs receive their blessing at the Blessing of the Lowriders event, they start their meetings to discuss what shows they will be attending and hosting. The shows are a time to show off what new modifications people have made to their cars and get together with family.

Abel Perez and his wife Maria are proud to keep the culture going and have passed the lifestyle on to their daughter.

Kathy Perez is Abel and Maria's oldest daughter. She's on the board of Blessing of the Lowriders and has practically been raised in a lowrider. During Kathy's senior year of undergrad at Saginaw Valley State University, she was the student program coordinator for the Office of Multicultural Engagement, To celebrate Hispanic Heritage Month, she pitched the idea of having a lowrider car show.

Dr. Roberto Garcia, the director of the Office of Multicultural Engagement, was completely for it. He also came from a lowrider background. However, when the idea was brought to the Dean of Students, he had concerns about the crowd it would bring to the school.

Familiar with the misinterpretation of Lowrider culture, Kathy and Dr. Garcia planned for the event anyway. She asked her dad and his friends to come out. They were joined by the small lowrider community in Saginaw, which had Debbie Sanchez, a lady lowrider, as a guest speaker to talk about her experience as a woman in the scene.

The event became a much larger community event that extended to the students' families, alumni, and the general public.

"The Dean of Students actually went to it for a little bit. I think afterward, he was just kind of like, okay, that wasn't bad." Kathy said.

For many who joined the event, it was their first time ever seeing a lowrider and experiencing that culture. A culture that prides itself on respect, passion, and family and is passed on from generation to generation.

"People don't understand it's not a gang. It's not just a club. It's just a culture for us. It's not just like something that we want to meet up, and that's it. It's family time, too," said Maria Perez.

Andrea Meza works for United Community Housing Coalition and graduated from Wayne State University in broadcast journalism. Her main passion is informing and supporting the community.

******

This story was made possible by the Race and Justice Reporting Initiative. The goal of the initiative is to build trust between the news media and Black, Indigenous, and People of Color communities and strengthen representative democracy.

Lowriders being blessed at the 2024 Blessing of the Lowrider

A lowrider from the 'Ridin' So-Low' car club proudly displays its hydraulics at the blessing of the lowriders event

The intricate detailing of Sergio Valleo's gold and teal lowrider

Abel and Maria Perez, posing next to a picture of them dancing at last year's Blessing of the Lowrider

EL CENTRAL Interview:

WSU President Dr. Espy Is Committed to Latino Student Success

Photos provided by Wayne State University

Wayne State University President Dr. Kimberly Andrews Espy was formally installed as the 13th president and the first woman president of the university on March 18, 2024. In the few short months since her unanimous selection by the Board of Governors, Dr. Espy has met with students, staff and community leaders, including multiple listening sessions with leaders in Detroit's Latino community in Southwest Detroit. EL CENTRAL Hispanic News writer Juan Ochoa recently sat down with Dr. Espy to discuss in more detail her experience and commitment to diversity and inclusion, in particular how she plans to ensure the success of Latino Students at Wayne State.

Background: Wayne State University's President, Dr. Kimberly Andrews Espy, is set to formally announce her participation in the President's Leadership for Latino Student Success (PLSS) this coming fall, underscoring her dedication to enhancing academic opportunities for Latino students. The announcement will align with her Prosperity Agenda, which she introduced during her historic investiture as Wayne State's first female president.

In her acceptance speech, President Espy explained the Prosperity Agenda's focus on Accelerating Mobility, Empowering Health for Urban Neighborhoods, and Fueling Innovation for Competitiveness. These efforts are particularly significant for the Latino community, an essential demographic within the university's diverse student body. Dr. Espy's commitment to the PLSS initiative emphasizes the alignment of educational access, health initiatives, and economic innovation with the interests and advancement of Wayne State's Latino community.

Can you share with us what "transformational leadership" represents to you, particularly in the context of your role at the university?

Wayne State fundamentally is a university. That's all about our community... We are a public urban research university, and each of those words matters... We embrace and open our doors as wide as we can to all talented students... The way that we work towards folks is by listening, by talking, by hearing what folks' goals are and then co-creating what that can be in the future...

Wayne State is a university of opportunity that's transformation at its core... It really is about harnessing that mission, making sure folks are rowing in relatively the same direction towards that goal of impact... In some ways, I'm very fortunate to have that framework in getting folks together around that purpose, to then chart a course... we put our foot on the gas because we're already pointing in the right direction... And that's the kind of impact that Wayne State has every day.

What DEI initiatives will Wayne State implement or plan to undertake in the immediate future to support underrepresented students and faculty, including the Latino community?

We make sure that our students feel like they belong here... Our incoming students for example, this last fall roughly 10% identified as Hispanic of the total undergraduate students… looking at each part of the pipeline... we recognize that finances are a big piece for students and for our Hispanic and Latino students, they're very averse, and rightfully so, from taking out loans... so with the Pell (and) with the Michigan Achievement Scholarship... this last year 59% of our students came to Wayne State without paying tuition and academic fees...

Could you articulate the nature of your involvement with the Excelencia organization while at the University of Texas San Antonio (UTSA), and describe its impact?

Excelencia in education has done such an outstanding job in terms of raising visibility, excellent job in many ways. First, in underscoring the importance of education relative to the trajectory and the impact for our Hispanic and Latino communities, number one, number two in providing data and best practices for universities to do better to truly serve our Latino and Hispanic communities... You need to be a campus that's responsive to the needs and understands the assets that students from different cultures bring to the table... I'm grateful that I've had the opportunity to work with Excelencia. At UTSA, we were a seal certified institution... you send like three or four of your teammates at the university to learn best practices to work with other universities to hold each other accountable... once we became seal certified... that represents an intentional commitment on Wayne State's part for bringing in some of those best practices for working with other universities...

I recognize that the Hispanic and Latino community has always been a part of Wayne State's fabric and I want to make sure we're serving that community as well... the thing that I really appreciate about Excelencia is that it's all about being intentional... you lay out what your data is where you are in a really unbiased way... you lay out your practices that have worked, what your plans are, how you're going to work on and improve whatever data that you have. And then you get evaluated essentially on that... Excelencia has done an outstanding job in raising the visibility of the impact of our Hispanic and Latino communities on our US competitiveness, on what's right for our communities, and then providing a path where higher ed can do even better.

How do you anticipate institutionalizing the best practices in Latino/a student success through Excelencia at Wayne State, and what adaptations in terms of additional logistical and financial support and if any, might be necessary to ensure its success in the new (WSU) environment?

We are very fortunate and that we have a very robust group that's oriented towards student success. That's how we've been able to move the needle on our graduation rates over the last decade. I'm pleased that the infrastructure is in place. We have a Center for Latino/a and Latin American Studies (CLLAS) that works hand in hand with our student's success... There seems to be a new sense of reaching out across the different areas of our university community...

When we celebrated Hispanic Heritage Month this last fall, we did a whole piece… connecting what was happening at our student success center as well as in CLLAS. We celebrated some cultural aspects relative to communications and again, it was to be intentional, and kind of linking the dots because what I found was, 'Oh, the folks in our multicultural center for example, didn't know that some of the work that was happening in CLLAS,' who also didn't know that we had events relative to student affairs and those sorts of things.

In what ways do you envision Excelencia integrating into and contributing to your broader vision for elevating Wayne State University?

Yes, so as a part of being a member (of Excelencia) that will be announced. You heard it here first, in the fall we were invited to participate in those Institute's that I that I mentioned, and so it's not just (to) participate. So when you send a team, there's a data, putting that into practice Institute, there's an enrollment, they're kind of topical and they usually have three to five of them a year. And as a part of participating in the institute, then you begin to set goals and set implementation plans that then eventually would be a part of a seal application. And so, we'll be participating in that process this next year. And then I look forward to you know, organically as those teams get together, you know, they'll chart out the specific as they work with Excelencia… But yet, you go through an organic kind of planning process, as I described, that will enable us to move forward. We're going to be participating in those Institutes and I'm really looking forward to it because I know I've seen the benefit of how both looking critically at yourself, thinking about plans and then leveraging both the expertise that Excelencia (brings) but also the other universities in the room. It's just very powerful.

How do you envision WSU playing a larger role in facilitating recruitment, retention, and degree completion?

When discussing the impact of our work this past fall, and that 10% of our (incoming) students identified as Hispanic or Latino, I think overall, university proportions is like 6%. So, if our overall is 6%, and yet our incoming class was 10, we're making a difference in terms of opening our doors even wider, being a place where Latino and Hispanic students want to come.

Now our job is to continue that trajectory, the more the merrier. We're working on ways we can support students to live directly on campus because that makes a difference, too. It's through getting the word out that this is a campus that welcomes, embraces, and is intentional about being focused on the success of our Latino students.

What strategies do you plan to implement through your Prosperity Agenda to enhance Wayne State's engagement with Detroit's multifaceted demographic landscape?

The prosperity agenda includes three facets. First, accelerating social mobility for our students, focusing on college to career, ensuring students are prepared for jobs and careers, and providing career-engaged experiences.

Second, empowering health for our urban neighborhoods, hearkening back to Wayne State's origins from physicians in the civil war. Our medical school, being one of the largest on a single campus, engages in community prevention and population health. Our students and doctors offer preventative services and health education, aiming to avert negative health trajectories through a community-based approach. For example, during the pandemic, our mobile units were crucial in providing assessments and vaccinations, coupled with support for mental health and food access, addressing multiple needs holistically.

Lastly, the agenda is about regional competitiveness. Detroit's legacy of makers and doers sets the stage for a knowledge-based future, requiring skills and competencies across the spectrum. Wayne State will ensure well-trained talent and foster innovation by supporting the development of ideas into technologies, programs, and equitable legal practices.

We'll nurture start-up businesses through TechTown, Wayne State's research and technology park, assisting both technology and community-based businesses, like helping local entrepreneurs with business plans and capital. These are the three areas of focus under the prosperity agenda.

What responsibilities will be undertaken by Melissa J. Smiley, your Chief of Staff, in cultivating and strengthening ties with the Latino community and beyond?

When discussing leadership, I recognize that as president I have a particularly external role, often representing Wayne State at events, which is a key part of my role along with clear intentionality. Melissa Smiley, as Chief of Staff and University Relations Officer, oversees government and community affairs, marketing, and communication, as well as our board office. Her role involves facilitating connections, but it's a collective effort across our leadership team that includes academic deans, vice presidents, and myself, as we all engage with different parts of our community.

Our Vice President for Research, Dr. Ezemenari Obasi, is tasked with building out our research portfolio, which includes health equities and partnerships with industry and government. Our Provost ensures academic programs are attuned to community needs. The responsibility extends to development and alumni relations. It's not just Smiley's job to engage with the Latinx community and beyond; her role is to strategize and create avenues for connection, ensuring the institution meets the needs presented by our community.

WSU President Espy has met with representatives of the Consortium of Hispanic Agencies (CHA)

Dr. Espy has made herself accessible to WSU students

WSU President Dr. Kimberly Andrews Espy in ceremonial gown at her recent Investiture

****

Juan Ochoa is the Spanish Communication Representative for Michigan News. He has several years of communication experience working for WXYZ-TV, UNESCO, World Radio Paris, The World Association of Newspapers and News Publishers, Southwest Detroit Community Justice Center and Lawrence Technological University. He has a master's degree in global communication from The American University of Paris, a bachelor's from Lawrence Tech in media communication and an associate's degree in engineering. His goal is to inform the World through important news topics and research breakthroughs. Juan enjoys spending time with family and friends, traveling and exploring nature.

The Race and Justice Reporting Initiative made this story possible. The initiative aims to build trust between the news media and Black, Indigenous, and People of Color communities and strengthen representative democracy.

SPECIAL World's Cultures

Muiscas – Chibchas from Colombia

Bachué: chibcha legend of creation

The Muisca-Chibcha legend tells that many years ago, thousands, when there were still no human beings, everything was under water. However, as the centuries passed, the water cleared some regions where mountains rose that were surrounded by large lakes and sacred lagoons: Tijuaqué and Hunza.

They say that Bachué, a beautiful woman accompanied by a small child, emerged from there. Bachué was born before the first man and it was Bachué who was looking for a safe place where she could live peacefully, hence she began to walk through the forest until she reached the Iguaque valley, where it was not as cold as in the mountains.

Bachué, who was brave and determined, built a house in that place. Once Bachué was safe, the boy became a man. Bachué married him and had enough children, however, every now and then Bachué and her husband changed places and she had children again, since at each birth four to six children were born to her, it was easy to populate new places and territories.

They say that Bachué, one day when she was already old, decided with her husband to return to the sacred lagoons. Before returning, Bachué asked her children to preserve peace and balance between them and nature. The children promised to keep their word so that Bachué

could rest peacefully.

Bachué and her husband began the return and when they reached the sacred lagoons, they both held hands, when they touched the waters on the shore, they turned into immense snakes that submerged and disappeared.

They say that Bachué responds to her children and grants them favors if they gently invoke her.

Sigue cada semana en
EL CENTRAL Hispanic News
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

Muiscas - Chibchas

The Colombian Muisca-Chibcha civilization dates back to the 600s AD on the American continent.

This civilization was located on the high plateau in the Colombian region of Cundiboyacense, which corresponds to modern-day Bogotá.

The territorial organization of the Muisca-Chibcha was based on five chiefdoms: Bocatá, Hunza, Guatativa, Susa and Tundama.

The Muisca-Chibcha culture carried out great works of goldsmithing with gold such as the figurines that later gave rise to the legends of El Dorado.

Mother's day 2024

This Sunday, May 12, we thank you for your love, dedication and dedication not only to your children, but to society, for all the work that makes it easier to continue.

Thank you to all the mothers who read us!

ESPECIAL CULTURAS DEL MUNDO

Muiscas – Chibchas de Colombia

Bachué: leyenda chibcha de la creación

Cuentan la leyenda Muisca-Chibcha que hace muchos años, miles, cuando aún no había seres humanos, todo se encontraba bajo el agua.

Sin embargo, con el paso de los siglos, el agua fue despejando algunas regiones donde se elevaron montañas que estaban rodeadas por grandes lagos y lagunas sagradas: el Tijuaqué y Hunza.

Cuentan que de ahí surgió Bachué, una bella mujer acompañada de un niño pequeño. Bachué nació antes del primer hombre y fue Bachué quien buscaba un lugar seguro donde pudiera vivir tranquila, de ahí que comenzó a andar por el bosque hasta llegar al valle de Iguaque, donde no era tan frío como en la montaña.

Bachué, que era valiente y determinada construyó una casa en aquel lugar. Una vez que Bachué se encontraba segura, el niño se hizo hombre. Bachué con él se casó y tuvo suficientes hijos, sin embargo, cada tanto Bachué y su marido cambiaban de lugar y volvía a tener hijos, pues en cada parto nacían de ella de a cuatro a seis hijos que poblaban nuevos sitios y territorios.

Cuentan que Bachué, un día cuando ya era anciana decidió con su marido volver a las lagunas sagradas. Antes de volver, Bachué pidió a sus hijos que conservaran la paz y el equilibrio entre ellos y la naturaleza. Los hijos prometieron cumplir con su palabra para que Bachué pudiera descansar tranquila.

Bachué y su marido emprendieron el regreso y al llegar a las lagunas sagradas, ambos se tomaron de las manos, al tocar las aguas en la orilla se convirtieron en inmensas serpientes que se sumergieron y desaparecieron.

Cuentan que Bachué responde a sus hijos y les concede favores si se le invoca con dulzura.

Tell them you saw it in Diles que lo viste en
EL CENTRAL
Hispanic News

Muiscas-Chibchas

La civilización colombiana Muisca-Chibcha data desde los años 600 dC en el continente americano.

Esta civilización se ubicaba en el altiplano en la región colombiana de Cundiboyacense que corresponde a la actual Bogotá.

La organización territorial de los Muisca-Chibcha fue a partir de cinco cacicatos: Bocatá, Hunza, Guatativa, Susa y Tundama.

La cultura Chibcha realizó grandes trabajos de orfebrería con oro como las figurillas que después dieron origen a las leyendas de El Dorado.

Día de las madres 2024

Este domingo 12 de mayo les agradecemos el amor, la entrega y dedicación no sólo a sus hijos, sino a la sociedad, por todo el trabajo que hace más fácil continuar.

¡Gracias a todas las madres que nos leen!

DIA Calls for Submissions for Annual Ofrendas

Proposals accepted until May 24

The Detroit Institute of Arts (DIA), in partnership with the Consulate of Mexico in Detroit, the Southwest Detroit Business Association, and the Mexicantown Community Development Corporation (MCDC), announced this week a call for submissions for the 12th annual Ofrendas: Celebrating el Día de Muertos exhibition. This annual event is an opportunity for artists and community members to celebrate the lives of close relatives, friends or community members who have passed away. In accordance with the rich traditions of Día de Muertos.

Community members are invited to design and propose ofrenda altars or offerings that reflect the memory and spirit of those being commemorated. The proposals should express clear intent, embody artistic and creative merit, and resonate with the traditional values associated with Día de Muertos.

"Each year, the Ofrendas exhibition provides a unique platform for personal expression and cultural connectivity," said Julie McFarland, Executive Director of Public Affairs & Community Engagement. "This is not just an exhibition; it's a gathering of stories, memories, and artistic expression that honors the past while enriching our present."

Artists and community members can enter their proposals via the submission form by May 24, 2024. This application includes additional information and a list of required materials, both available in English and Spanish. Proposals will be reviewed by a committee consisting of exhibition partners, community leaders, and DIA staff, Selected Ofrenda artists will be notified by early July.

Important Dates:

- May 24, 2024: Submission deadline.
- July 2024: Ofrenda selections are made and artists are notified
- September 10 – 13, 2024: Installation of ofrendas at the DIA.
- September 28, 2024: Opening of the exhibition.
- November 3, 2024: Closing of the exhibition with an artist talk and reception.

Each selected artist or group will be provided a stipend of $500 to support their participation.

The exhibition will be on view from September 28 to November 3, 2024, in the Special Exhibitions

Galleries located off of Rivera Court.

For more information and to learn more about Ofrendas and how to participate, please visit

https://dia.org/events/exhibitions/ofrendas-celebrating-el-dia-de-muertos-2024.

General admission is always free for members and residents of Macomb, Oakland and Wayne counties.

The Detroit Institute of Arts (DIA), which is considered one of the premier art museums in the United

States, houses more than 65,000 works of art that offer a multicultural survey of human creativity from

ancient times to the 21st century. With a collection that features everything from the first Van Gogh

painting to ever enter a U.S. Museum (Self-Portrait, 1887) to Diego Rivera's famous Detroit Industry

murals (1932–33), the DIA is renowned for its quality, range, and depth.

DETROIT INSTITUTE OF ARTS

EL CENTRAL HISPANIC NEWS

Michigan's #1 oldest, largest and only bi-lingual Hispanic news. Minority (Hispanic) and woman owned • Multi-year winner of Jose Marti National Award for excellence in Editorial and Design. Published in Metro Detroit since 1988.

EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

Eva Garza Dewaelsche - *Publisher/Owner*
Robert Dewaelsche - *Managing Editor*
Dolores Sánchez - *Founder Publisher Emeritus*
Advertising and Sales
Fernando Ramos-Melendez - *Assistant Editor; Graphic Designer*
Raoul Lowery Contreras - *Op Ed*
David Levine - *Sports Writer*
Dan Graschuck - *Sports Editor/ Journalist/ Photographer*
Ozzie Rivera - *Contributing Writer*
Dr. José Cuello - *Contributing Writer*

EL CENTRAL is a weekly publication. The deadline for articles and ads is noon, Monday prior to publication. The opinions and views expressed are not necessarily those of the Publisher or Managing Editor. This publication and each part herein is the property of the Publisher and may not be reproduced in any form without the written permission of the Publisher. All rights reserved.

HISPANIC OWNED MEDIA CERTIFIED BY HACR

4200 W. Vernor • Detroit, MI 48209 • (313) 841-0100
info@elcentralmedia.com • ads@elcentralmedia.com
www.elcentralmedia.com

FOOD AND DRINK

Yummy Cocktail Meatballs

Ingredients

For the meatballs:
- 1 large egg
- 1/4 cup heavy cream or milk
- 3/4 cup white sandwich bread, cubed, crusts removed
- 1/2 pound ground pork
- 1 clove of garlic, minced
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground black pepper
- 3/4 teaspoon salt
- 1 teaspoon baking powder
- 1/2 pound ground beef, 85% lean

For the sauce:
- 1/2 cup ketchup
- 1/2 cup dark brown sugar, packed
- 2 tablespoons water
- 1 1/2 tablespoons cider vinegar
- 2 teaspoons Worcestershire sauce
- 1 tablespoon shallot, finely grated
- 1 small clove of garlic, minced
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon salt

For serving:
- parsley, optional, finely chopped

Ready In:
40 minutes

Step 1 -
Preheat the oven to 325 degrees F.

Step 2 -
Line a baking sheet with aluminum foil.

Step 3 -
Place an ovenproof baking rack over the prepared baking sheet. Spray the rack generously with nonstick cooking spray.

Step 4 -
Whisk the egg and cream together in a medium bowl. Stir in the bread and mash until no large bread chunks remain. Set the bread mixture aside.

Step 5 -
In a stand mixer fitted with the paddle attachment, beat the pork, 1 clove of garlic, allspice, 1/8 teaspoon pepper, 3/4 teaspoon salt, and baking powder on high speed until smooth and pale, about 2 minutes. Scrape down the sides of the bowl as needed.

Step 6 -
Add the bread mixture to the mixing bowl and beat on high speed until smooth and homogeneous, about 1 minute. Scrape down the sides of the bowl as needed.

Step 7 -
Add the beef and mix on medium-low speed until just incorporated about 20 seconds. Be careful not to overmix.

Step 8 -
Using moistened hands, form the meat mixture into tablespoon-sized round meatballs.

Step 9 -
Place the meatballs on the prepared rack.

Step 10 -
Bake until just done at 145 degrees F internally, about 20 minutes.

Step 11 -
In a large sauté pan, mix the ketchup, brown sugar, water, cider vinegar, the Worcestershire sauce, shallot, remaining garlic, remaining pepper, and remaining salt.

Step 12 -
Bring the mixture to a simmer and cook gently until thickened, about 10 minutes.

Step 13 -
Add the baked meatballs to the sauce and stir to coat evenly.

Step 14 -
Transfer the meatballs to a serving plate, spooning the remaining sauce over them.

Step 15 -
Spear each meatball with a toothpick.

Step 16 -
Garnish with parsley and serve.

Pan-Roasted Chicken Breasts

Ingredients
- 4 chicken breast halves, boneless
- salt, to taste
- freshly ground black pepper, to taste
- 2 tablespoons olive oil
- 1 tablespoon fresh thyme, parsley, or rosemary, chopped
- 1/4 cup apple cider vinegar
- 4 tablespoons cold butter, cut into small pieces
- 1 tablespoon chicken broth

Ready In:
30 minutes

Step 1 -
Season the chicken on both sides with salt and pepper.

Step 2 -
Heat the olive oil in a heavy skillet over medium-high heat until it starts to shimmer.

Step 3 -
Place the chicken breasts, skin side down, in a skillet. Sprinkle with the fresh herbs. Do not disturb the breasts until the skin side sears, about 5-6 minutes.

Step 4 -
Flip the chicken and cook until the internal temperature reaches 15o degrees F, about 5 minutes.

Step 5 -
Add the vinegar and butter to the pan with the chicken.

Step 6 -
Shake the pan gently until the butter melts and the internal temperature of the chicken reaches 165 degrees F, about 2-3 minutes more.

Step 7 -
Add a splash of chicken broth if the sauce needs to be thinned.

Step 8 -
Serve hot!

Diles que lo Viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

CINCO DE MAYO D

DESFILE Y FIESTA

Photos by Alejandro Ugalde, Luciana Vega, Bill Deuparo and Elena Herrada

Michigan Panthers Win Nail Bitter !!!

EL CENTRAL HISPANIC NEWS SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

Photos by Adam J. Dewey

The Michigan Panthers (4-2) defeated the Arlington Renegades (0-6), 28-27 in a nail bitter game.

The Renegades scored a late field goal in the 4th quarter, to go up 27-25, with only :54 seconds left in the game.

The Panthers ran the kick off deep into Renegades territory, and Panthers kicker Jake Bates, would kick a 42 yard field goal, to give the Michigan Panthers the lead and the victory over the Arlington Renegades 28-27.

The Michigan Panthers go on the road, this Sunday, May 12th to take on the D.C. Defenders, at 12:00 pm (ESPN), then return home to Ford Field to host the Memphis Showboats, Saturday, May 18th, at 4:00 pm (FOX) for their final home game, then go on the road for their final two games on the regular season on Sunday, May 26th, to take on the Houston Roughnecks at 2:30 (FOX), then the Birmingham Stallions, on Saturday, June 1st, at 12:00 pm (ESPN)

Photos below are highlights from the Michigan Panthers and Arlington Renegades

Jake Bates (38) hits the game winning field goal as time expires, giving the Michigan Panthers a 28-27 victory over the Arlington Renegades Jake Bates had 5 field goals against the Renegades with two being from 60+ yards

Danny Etling backup QB (8) looks downfield for an open receiver

Siaoso Mariner (14) scores a touchdown on a 9 yard reception from Danny Etling

Nate McCrary (28) stiff arms Vic Beasely (42)

Trey Quinn (18) dives for the end zone, tackle made by Donald Payne (18) on the one yard line

DCFC Earns Soggy Point In Virginia Ahead Of Cup Match

EL CENTRAL HISPANIC NEWS SPORTS

Pateando la No. 5

David Levine
EL CENTRAL

Being able to grind out a result when not at your best can be great quality. Gaining a point on the road in foul weather while missing three starters comes in handy over the course of a long season. DCFC did just that last weekend. The 0-0 draw with Loudon United won't get many pulses racing. The two teams generated few chances and Danny Dichio made it clear he was satisfied with the point when he withdrew Maxi Rodriguez, Ben Morris, and Yazeed Mathews during the second half.

The point keeps DCFC in third place in the Eastern Conference of the USL Championship. Le Rouge slipped a little further behind red hot Charleston and Louisville City. The first place Battery have played ten games already, three more than Louisville and DCFC, winning seven and drawing the other three. For now, City can't worry about Charleston.

Pulling Rodriguez, Morris, and Mathews early showed that Dichio was looking ahead to the midweek trip to Houston. DCFC travels to the Lone Star State this week in the round of thirty-two of the Lamar Hunt US Open Cup. They meet the current holders from Houston on Tuesday night (report to come next week). Having previously defeated MLS opposition at home in the Cup when they beat Columbus in 2022, winning in Houston this week would be an even bigger result. MLS managed to convince US Soccer to proceed with the Open Cup, while only sending eight of the twenty-six eligible teams to the competition. That snub ignited a firestorm in both mainstream and social media, giving the league's image a significant blow.

MLS did contribute a significant number of its MLS Next Pro squads, otherwise known as reserve teams, but only one remains in the competition, the New York Red Bulls II team. The rest of the round of thirty-two has teams from the USL Championship and USL League One. With the MLS season in full flow and teams looking forward to their Leagues Cup tournament with Liga MX in summer, it's likely the MLS managers will rotate their squads for the Open Cup, giving the USL teams a solid shot at pulling off an upset.

For the match in Houston, DCFC will have a rested Stephen Carroll ready to go in defense. He sat out the trip to Loudon after receiving a red card in Pittsburgh. Unfortunately, long term absentees Elvis Amoh and Rhys Williams will not be in the team. Dichio started Carlos Saldana in goal against the Michigan Stars in the last round of the Cup, but might stick with Nate Steinwascher for an MLS opponent. Young left back Alex Villanueva will certainly keep his place on the back of some excellent performances. He's added some dynamic play to the left side.

The Houston Dynamo brought in former DC United player and manager Ben Olsen to change things for a franchise that had become barely relevant in recent years. They had signed Mexican legend Hector Herrera to be a midfield leader, but lacked quality around him. That changed with the arrival of Panamanian midfielder Coco Carrasquilla. He has brought the energy the team lacked. They are solid if unspectacular as a unit and fittingly sit in the middle of the Western Conference. Much like DCFC, Houston's last league match was a 0-0, but at home against St. Louis.

Following the midweek cup game, it's straight back to the league this weekend. DCFC will welcome the defender USL champion Phoenix Rising to Keyworth on Saturday. It's a 5:00 pm start for the team's first national television broadcast of the season. CBS Sports Network will have the game, the first of five national broadcasts for Le Rouge.

National Golden Gloves Tournament in Detroit

This year the National Golden Gloves Tournament will be held Downtown Detroit, Monday, May 13th through Saturday, May 19th at Huntington Place

For tickets and more information, please visit; http://www.goldenglovesusa.org/

Boxers below will be representing the Metro Detroit Golden Gloves team, at the National Golden Gloves Tournament.

Photo by Dan Graschuck/ EL CENTRAL

Former World Champion Tony Harrison presents Metro Detroit Golden Gloves MVP (Super Bad) award to Thomas Covington in the 125 lb weight class (representing Soul Search Boxing Club)

Jirair Thompson in the 156 lb weight class (representing Kronk Boxing Team), with Kronk trainer Erskine Wade

Lance Smith in the 147 lb weight class (representing Super Bad Boxing Gym of Detroit)

Michigan Central Station Kicks Off Historic Reopening

Con't from pg. 1

From June 7-16, Michigan Central will host its OPEN House, offering a first look inside the Station's historic ground floor through a range of exhibits, entertainment, art, and more. Michigan Central's art program will also bring art installations, including a new iteration of Reddymade's me + you, a critically acclaimed interactive sculpture specifically for Michigan Central.

Registration for OPEN Live and OPEN House will begin online at michigancentral.com on May 17 for neighbors surrounding The Station, and on May 21 for the general public.

After its reopening event in June, The Station will begin a phased reactivation of the building over the next several months and years as restaurant, retail, and other commercial and community-focused partners take up residency. The first floor will be open to the public for tours on Fridays and Saturdays through August. Expanded hours will be announced for fall, when the first phase of commercial activations opens to the public. More information on the Michigan Central OPEN festivities, including how to register for tickets, can be found at michigancentral.com.

A bygone transit depot transformed into a global mobility innovator

First opened in 1913, Michigan Central Station was considered to be one of the grandest train depots in the United States and served more than 4,000 passengers a day at its peak. However, as preferences and technology changed in regards to travel, The Station was closed in 1988 and remained vacant until Ford's acquisition of the property in 2018, with a vision by Bill Ford to propel Detroit forward with a one-of-kind mobility innovation hub, Michigan Central.

During the past six years, more than 3,100 skilled-trade workers have dedicated over 1.7 million combined hours to meticulously restore it to its original Beaux-Arts glory and create a new institution to welcome future generations starting this June.

The Station's opening is the next step for Michigan Central's innovation ecosystem dedicated to pioneering the future of mobility, fueling economic development, and re-establishing Detroit as a leader in innovation. When complete, The Station will include 640,000 square feet of retail, hospitality, community, and office spaces supporting the Michigan Central ecosystem by accommodating larger tenants and established companies, attracting more technology talent, drawing in diverse businesses, and providing a range of collaboration-oriented amenities. Michigan Central will also be a destination on Detroit's greenway plan, uniting dozens of local neighborhoods across the city to create a more connected Detroit.

"At Michigan Central, we're harnessing Detroit's long-standing leadership in mobility and economic innovation to create a thriving, global destination for accelerating bold ideas and new solutions that shape our shared future," said Joshua Sirefman, CEO of Michigan Central. "At the heart of this is The Station, an iconic building that now serves not just as a reminder of our city's history, but a powerful catalyst for growth and opportunity."

In April 2023, the long-vacant former Book Depository building reopened as the home of Newlab at Michigan Central, which serves as the epicenter of the startup and early-stage companies within the Michigan Central ecosystem. Now home to almost 600 employees from more than 90 companies and startups, Newlab at Michigan Central has rapidly grown into a diverse community of entrepreneurs, inventors, designers, and others from all over the world committed to developing new mobility technologies in and for real-world settings. Roughly 40 percent of startups at Newlab originated outside of Michigan, and over half of the startups have at least one founder who is a woman, a person of color, or comes from an otherwise underrepresented background.

Michigan Central has also made it a priority to support residents, businesses, and community-focused organizations with direct investments and high-quality, credentialed education and training programs. Through skills-training programs, Michigan Central seeks to address early barriers in Detroit's talent pipeline, promote equitable outcomes, and offer accessible pathways for upskilling into well-paying careers of the future.

The opening of the reimagined Station marks the next chapter for the historic building itself, as well as Michigan Central as its ecosystem continues to gain momentum as Detroit's newest anchor institution and a global destination.

Service Directory / Directorio de Servicios

Churches Directory

Holy Redeemer
313-842-3450
1721 Junction,
Detroit, MI 48209
Misa:
Lunes Viernes: 6:00pm
Domingo: 10:00am, 12:00pm, 6:00pm

First Latin American Baptist Church
313-461-3669
2004 Scotten St.
Detroit, MI

Most Holy Trinity
313-965-4450
1050 Porter St.
Detroit, MI 48226
Misa: Dom 9am

St. Gabriel's
313-841-0753
8118 W. Vernor Hwy
Detroit, MI 48209
Misa: Dom 9:30am, 12:00pm, 7:00pm
Lunes: 6:00pm
Martes: 6:00pm
Miércoles: 9:00am

St. Francis D'Assisi - St. Hedwigs Parish
313-894-5409
3245 Junction
Detroit, Mi 48209
Domingo: 12:00pm
Miércoles: 7:00pm
Jueves: 7:00pm

Ste. Annes Parish
313-496-1701
1000 St. Anne St.
Detroit, MI 48216
Misa: Dom 10am

SONNENBERG
*HARDWARE & LUMBER
*DRYWALL *ELECTRIC
* PLUMBING
*WINDOW & SCREEN REPAIR
*FURNACE &
FURNACE PARTS
2302 JUNCTION - DETROIT
(313) 554-4367
Hablamos Español

JUNCTION PARTY STORE
HOME OF THE COLDEST BEER IN THE SOUTHWEST
SIGUE - RIA
CERVEZA - TORTILLAS
SUAVITEL - PINALEN
313.262.6957
3260 Junction, Detroit MI 48210
Specials Every Weekend
Especiales Cada fin de semana

Conklin Creative
Celebrating arts and culture thourgh print, performance and cooperative play.
313•680•9006
ConklinCreative@mac.com

MATRIX THEATRE COMPANY
Acting, Puppetry & Playwriting Classes
Ages 5-18
313.967.0999
2730 Bagley Street
Detroit, MI 48216
Fax: 313.961-1016
matrixtheatre.org

AZTECA YOUTH ENRICHMENT, INC.
"AN ALL VOLUNTEER ORGANIZATION"
A Michigan Non-profit Corporation
& IRS 501 (c)(3) Tax-Exempt Organization
Azteca Boxing Team

195 W. Montcalm - Pontiac, MI 48342
Phone/Fax: (248) 332-6514
Robert K. Paramo, Director

Visit Us Online
elcentralmedia.com
facebook.com/elcentralmedia
instagram.com/elcentralmedia
EL CENTRAL HISPANIC NEWS

Diles que lo Viste en
EL CENTRAL
Tell them you saw it in
EL CENTRAL

EDITORIAL OPINION

¿Cómo honrar el Cinco de Mayo en los Estados Unidos?

Por José López Zamorano
Para La Red Hispana

El Cinco de Mayo es una de las grandes hazañas heroicas del pueblo mexicano, una fecha simbólica que honra la victoria del general Ignacio Zaragoza –quien por cierto nació en lo que hoy es Goliad, Texas-- contra el ejército invasor francés en el estado de Puebla en 1862.

Escribo estas líneas precisamente desde Puebla, la cuna de mi familia en la sierra norte del estado, donde año tras año se recuerda la gesta heroica con desfiles y bailables escolares. Los rostros sonrientes de esos niños reavivaron mi esperanza de que lo mejor para México y los mexicanos, donde quiera que vivan, está por llegar.

En los Estados Unidos, la celebración de La Batalla de Puebla se ha convertido en una celebración de la hispanidad, un reconocimiento de las raíces comunes que nos conectan en las entrañas y de las contribuciones únicas de las hispanas y los hispanos a la cultura, a la economía y diversidad de los Estados Unidos.

Y claro una gran oportunidad para deleitarnos con el monumento gastronómico que es la cocina mexicana, en especial platillos autóctonos legendarios como el mole poblano.

Pero este año el recuerdo del Cinco de Mayo tiene una connotación especial por tener lugar en un año electoral, tanto en las elecciones del 2 de junio en México como en los comicios del 5 de noviembre en los Estados Unidos.

En su momento los presidentes Benito Juárez y Abraham Lincoln enfrentaron retos existenciales para la integridad y el futuro de sus naciones

En la actualidad nuestros retos son distintos, pero no menos trascendentes. En México tenemos grandes desafíos para dar seguridad y bienestar a los ciudadanos. Estados Unidos enfrenta el reto de superar condiciones económicas adversas para millones y por otro lado confrontar las amenazas reales al proceso democrático.

Al igual que los patriotas de la Batalla de Puebla, los mexicanos debemos dar un nuevo ejemplo de patriotismo a través de nuestra participación cívica y electoral tanto en Estados Unidos como en México.

Y subrayó “participación cívica” porque incluso aquellas personas que no son elegibles para votar pueden ser parte de la fiesta democrática, alentando a sus parientes o amigos que pueden votar, a darles voz con su voto.

Por supuesto ese llamado debe ser extensivo a todos los hispanos de los Estados Unidos, a quienes todavía nos falta mucho para lograr la dichosa “paridad”, es decir que nuestra fuerza poblacional sea igual o más que nuestro poder económico.

En estas líneas nunca hemos apoyado a ningún partido o candidato particular, aunque nuestras preferencias puedan ser obvias. Este año no es la excepción.

Es hora de participar y votar. Todas las voces importan – incluso las de quienes no pueden votar—y todo voto cuenta. Tu voto no es sólo tu voz. Es nuestra voz colectiva.

How to honor Cinco de Mayo in the United States?

By José López Zamorano
For La Red Hispana

Cinco de Mayo is one of the great heroic feats of the Mexican people, a symbolic date that honors the victory of General Ignacio Zaragoza - who by the way was born in what is now Goliad, Texas - against the invading French army in the state of Puebla in 1862.

I write these lines precisely from Puebla, the birthplace of my family in the northern mountains of the state, where year after year the heroic deed is remembered with parades and school dances. The smiling faces of those children rekindled my hope that the best for Mexico and Mexicans, wherever they live, is yet to come.

In the United States, the celebration of the Battle of Puebla has become a celebration of Hispanicity, a recognition of the common roots that connect us to the core and of the unique contributions of Hispanic men and women to culture, to the economy and diversity of the United States.

And of course a great opportunity to delight in the gastronomic monument that is Mexican cuisine, especially legendary native dishes such as mole poblano.

But this year the memory of Cinco de Mayo has a special connotation because it takes place in an election year, both in the June 2 elections in Mexico and in the November 5 elections in the United States.

At the time, Presidents Benito Juárez and Abraham Lincoln faced existential challenges for the integrity and future of their nations.

Today our challenges are different, but no less transcendent. In Mexico we have great challenges to provide security and well-being to citizens. The United States faces the challenge of overcoming adverse economic conditions for millions and, on the other hand, confronting real threats to the democratic process.

Like the patriots of the Battle of Puebla, Mexicans must set a new example of patriotism through our civic and electoral participation in both the United States and Mexico.

And he stressed “civic participation” because even those people who are not eligible to vote can be part of the democratic party, encouraging their relatives or friends who can vote, to give them a voice with their vote.

Of course, this call must be extended to all Hispanics in the United States, who still have a long way to go to achieve the happy “parity”, that is, our population strength is equal to or more than our economic power.

Along these lines we have never supported any particular party or candidate, although our preferences may be obvious. This year is no exception.

It's time to participate and vote. All voices matter – even those who cannot vote – and every vote counts. Your vote is not just your voice. It is our collective voice.

Opinions in this column are not necessarily those of the Publisher or Editor

Do you have a contrary opinion? Write us at info@elcentralmedia.com

VISIT US ONLINE
✓ View current issues ✓ Subscribe to the EL CENTRAL newsletter ✓ View feature articles
✓ View past issues ✓ View 'between-issue' updates ✓ Leave comments
elcentralmedia.com facebook.com/elcentralmedia instagram.com/elcentralmedia

motor city makeover 365
2024
TAKE PART!!
Register today to help keep Detroit beautiful!
The City of Detroit is supporting block clubs, community groups and other organizations as they beautify their neighborhoods for Motor City Makeover 365.
Cleanup and beautification projects will take place three Saturdays in May.
MAY 4 Districts 1, 2 and 3
MAY 11 Districts 4 and 5
MAY 18 Districts 6 and 7
Upon registration, your District Managers will provide supply pick-up information.
Register for flowers today to enhance your project!
Groups MUST register with the City of Detroit to receive supplies, flowers and to schedule special pickups.
To register in advance, call (313) 224-4415 or go online to www.motorcitymakeover.org
Keep Detroit CLEAN

Classifieds

Place your Classified ad in Michigan's Largest, Oldest, and Only Weekly Bilingual Hispanic Newspaper, **EL CENTRAL !!!**

!NOW HIRING!
MaryBelle's Cache
ALL POSITIONS
Servers/Line Cook
Bartenders/Busser
Prep Cook/Host
AT LEAST 3 YRS OF EXPERIENCE
3400 Russell St
Detroit, MI 48207
SEND RESUME
HR@MARYBELLES.ORG

Diles que lo Viste en *EL CENTRAL*
Tell them you saw it in *EL CENTRAL*

Salud/*Health*

5 Things to Know About Asthma and Summer Heat

(StatePoint) Nearly 25 million people of all ages in the United States are living with asthma, a lifelong chronic disease that makes it harder to move air in and out of the lungs.

Here's what the American Lung Association wants everyone to know during summer, when extreme heat can make asthma harder to manage.

1. New challenges are emerging.

Beyond traditional asthma triggers like respiratory infections, secondhand smoke and pets, new challenges are emerging. The effects of climate change include extreme heat, poor air quality, increased allergens, extreme weather events, and more frequent and intense wildfires, all of which are making asthma more difficult to manage.

Excessive heat and humidity increase the risk of asthma exacerbations, asthma-related hospitalization and asthma-related death, especially for children and women. Patients should limit time outdoors during heat waves, seek access to air conditioning and take steps to improve indoor air quality, as humidity allows dust mites and mold to thrive.

2. City dwellers are particularly vulnerable.

Two-thirds of the average U.S. city is made up of roads, parking spaces, sidewalks and roofs. Since these surfaces are typically dark and non-porous, they contribute to flooding, increased air pollution, poor health and what is known as "urban heat," a phenomenon in which cities experience warmer temperatures than surrounding areas. Urban heat, combined with pollutants from power plants, motor vehicles and other pollution sources, creates ozone pollution, also known as smog. Those with asthma can experience symptoms like shortness of breath, wheezing and coughing from both ground-level ozone and particle pollution, as well as from the impacts of extreme weather and airborne allergens.

Sadly, these issues disproportionally impact certain communities. Due to a history of discriminatory practices like systematic denial of mortgages, insurance loans, and other financial services on the basis of race and ethnicity, Black and Indigenous people, and other people of color, are more likely to be living in areas impacted by urban heat and poor air quality.

3. Flooding can harm lung health.

Increased severe storms due to climate change results in more flooding, which can harm lung health. Chemicals, sewage, oil, gas and other dangerous substances found in floodwaters can pose health risks, and mold, associated with asthma attacks, can grow anywhere there is water or dampness.

4. Advocacy efforts are underway.

The Smart Surfaces Coalition is made up of 40 national and international organizations committed to making Smart Surfaces the global urban design standard. Smart Surfaces encompass a suite of cutting-edge technologies, including reflective (cool) roofs and pavements, green roofs, trees, solar panels and rain gardens. Designed to mitigate urban heat, enhance air quality and improve health, these transformative urban features can cool cities by 5 degrees F, reduce flooding, provide economic benefits and potentially advance environmental justice.

The American Lung Association, an active member of the Smart Surfaces Coalition, encourages cities to take these actions:

- Install light-colored roads, parking lots and driveways to reflect sunlight and reduce heat.
- Install solar panels to convert sunlight into electricity and provide shade for roofs.
- Plant trees to increase shade.
- Select porous surfaces to collect polluted stormwater, soak it into the ground, and filter out pollution.

Other strategies to reduce urban heat, air pollution and ozone levels include using public transportation carpooling, increasing green spaces and installing cooling centers in extreme conditions.

5. Resources are available.

Educational programming can help people better manage the disease in summer and year-round. Patients can check out the self-management education programs, information and tools available at Lung.org/asthma or call the American Lung Association's Lung Helpline at 1-800-LUNGUSA. Living with an illness, or being the caretaker to someone who is, can take a physical and emotional toll. Patients can get support and knowledge, and connect with others by joining the Lung Association's Patient & Caregiver Network.

For the 24.8 million Americans living with asthma, extreme summer temperatures and emerging environmental threats can make life more difficult. Fortunately, new educational resources and expanded programming can help patients navigate new and old challenges alike.

Cinco cosas que debes saber sobre el asma y el calor del verano

(StatePoint) Casi 25 millones de personas de todas las edades en los Estados Unidos viven con asma, una enfermedad crónica de por vida que dificulta la entrada y salida del aire de los pulmones.

Esto es lo que la Asociación Estadounidense del Pulmón quiere que todos sepan durante el verano, cuando el calor extremo puede hacer que el asma sea más difícil de controlar.

1. Están surgiendo nuevos desafíos.

Más allá de los desencadenantes tradicionales del asma, como las infecciones respiratorias, el humo de segunda mano y las mascotas, están surgiendo nuevos desafíos. Los efectos del cambio climático incluyen calor extremo, mala calidad del aire, aumento de alérgenos, fenómenos meteorológicos extremos e incendios forestales más frecuentes e intensos, todo lo cual hace que el asma sea más difícil de controlar.

El calor y la humedad excesivos aumentan el riesgo de exacerbaciones del asma, hospitalizaciones relacionadas con el asma y muerte relacionada con el asma, especialmente en niños y mujeres. Los pacientes deben limitar el tiempo al aire libre durante las olas de calor, buscar acceso a aire acondicionado y tomar medidas para mejorar la calidad del aire interior, ya que la humedad permite que prosperen los ácaros del polvo y el moho.

2. Los habitantes de las ciudades son particularmente vulnerables.

Dos tercios de la ciudad estadounidense promedio se componen de carreteras, espacios de estacionamiento, aceras y techos. Dado que estas superficies suelen ser oscuras y no porosas, contribuyen a las inundaciones, el aumento de la contaminación del aire, la mala salud y lo que se conoce como "calor urbano", un fenómeno en el que las ciudades experimentan temperaturas más cálidas que las áreas circundantes. El calor urbano, combinado con los contaminantes de las centrales eléctricas, los vehículos de motor y otras fuentes de contaminación, crea contaminación por ozono, también conocida como smog. Las personas con asma pueden experimentar síntomas como dificultad para respirar, sibilancias y tos debido tanto al ozono a nivel del suelo como a la contaminación por partículas, así como por los impactos del clima extremo y los alérgenos en el aire.

Lamentablemente, estos problemas afectan de manera desproporcionada a ciertas comunidades. Debido a una historia de prácticas discriminatorias como la denegación sistemática de hipotecas, préstamos de seguros y otros servicios financieros por motivos de raza y etnia, los negros, los indígenas y otras personas de color tienen más probabilidades de vivir en áreas afectadas por la crisis urbana. Calor y mala calidad del aire.

3. Las inundaciones pueden dañar la salud pulmonar.

El aumento de las tormentas severas debido al cambio climático provoca más inundaciones, lo que puede dañar la salud pulmonar. Los productos químicos, las aguas residuales, el petróleo, el gas y otras sustancias peligrosas que se encuentran en las aguas de las inundaciones pueden plantear riesgos para la salud, y el moho, asociado con los ataques de asma, puede crecer en cualquier lugar donde haya agua o humedad.

4. Se están realizando esfuerzos de promoción.

La Smart Surfaces Coalition está formada por 40 organizaciones nacionales e internacionales comprometidas con hacer de Smart Surfaces el estándar mundial de diseño urbano. Las superficies inteligentes abarcan un conjunto de tecnologías de vanguardia, que incluyen techos y pavimentos reflectantes (frescos), techos verdes, árboles, paneles solares y jardines de lluvia. Diseñadas para mitigar el calor urbano, mejorar la calidad del aire y mejorar la salud, estas características urbanas transformadoras pueden enfriar las ciudades 5 grados F, reducir las inundaciones, proporcionar beneficios económicos y potencialmente promover la justicia ambiental.

La American Lung Association, miembro activo de Smart Surfaces Coalition, alienta a las ciudades a tomar estas acciones:

- Instale caminos, estacionamientos y accesos de vehículos de colores claros para reflejar la luz del sol y reducir el calor.
- Instalar paneles solares para convertir la luz solar en electricidad y proporcionar sombra a los techos.
- Plante árboles para aumentar la sombra.
- Seleccione superficies porosas para recolectar aguas pluviales contaminadas, empaparlas en el suelo y filtrar la contaminación.

Otras estrategias para reducir el calor urbano, la contaminación del aire y los niveles de ozono incluyen el uso compartido del transporte público, el aumento de los espacios verdes y la instalación de centros de refrigeración en condiciones extremas.

5. Hay recursos disponibles.

La programación educativa puede ayudar a las personas a controlar mejor la enfermedad durante el verano y durante todo el año. Los pacientes pueden consultar los programas educativos, la información y las herramientas de autocuidado disponibles en Lung.org/asthma o llamar a la línea de ayuda pulmonar de la Asociación Estadounidense del Pulmón al 1-800-LUNGUSA. Vivir con una enfermedad o ser cuidador de alguien que la padece puede tener un costo físico y emocional. Los pacientes pueden obtener apoyo y conocimientos, y conectarse con otras personas uniéndose a la Red de pacientes y cuidadores de la Lung Association.

Para los 24,8 millones de estadounidenses que viven con asma, las temperaturas extremas del verano y las amenazas ambientales emergentes pueden hacer la vida más difícil. Afortunadamente, los nuevos recursos educativos y la programación ampliada pueden ayudar a los pacientes a afrontar desafíos nuevos y antiguos por igual.

Deje atrás el dolor de cuello y espalda.

¿Le duele el cuello y la espalda? Trinity Health tiene los últimos métodos y tecnologías para ayudarle. Nuestro equipo busca muchas opciones para crear el plan de tratamiento justo para usted. Desde terapia ocupacional y manejo del dolor hasta cirugías de columna avanzadas, despídase de la vida con dolor. Comuníquese con el programa de columna de Trinity Health hoy y vuelva a disfrutar sus actividades diarias.

VUELVE A VIVIR SU VIDA!

Trinity Health
PROGRAMA DE LA COLUMNA

TrinityHealthMi.org/Spine

We See All of You™

SOUTHWEST GREENWAY HEALTH CRAWL

FREE HEALTH & WELLNESS EVENT

Saturday, May 11
11am-2pm

Southwest Greenway
2209 Bagley St.

FEATURING:

Blood Pressure Screenings
Youth Activities
Resource Tables
Music by DJ Cisco
Group Fitness Classes:

11:00 am Zumba
12:00 pm Stretch Recovery
12:30 pm Walking Meditation
1:00 pm Cardio Drumming

DETROIT RIVERFRONT CONSERVANCY

detroitriverfront.org/healthcrawl

VISIT US ONLINE

✓ View current issues ✓ Subscribe to the EL CENTRAL newsletter ✓ View feature articles
✓ View past issues ✓ View 'between-issue' updates ✓ Leave comments

elcentralmedia.com facebook.com/elcentralmedia instagram.com/elcentralmedia

LAS HISTORIAS DE ÉXITO COMIENZAN AQUÍ
En Wayne State University, queremos que los estudiantes alcancen su potencial. Es por eso que ofrecemos una variedad de ayudas financieras y becas que abren las puertas a una educación de clase mundial. Es por lo que trabajamos arduamente por cada guerrero con apoyo personalizado en nuestra Oficina de Participación Estudiantil Multicultural y nuestro Centro de Estudios Latinos y Latinoamericanos. Y por lo que defendemos el impacto comunitario a través de la investigación y esfuerzos de promoción, junto con la participación de la presidenta Kimberly Andrews Espy en iniciativas como *Presidents for Latino Student Success*. Estamos orgullosos de estar presentes para cada estudiante y brindarles las llaves que necesitan para alcanzar nuevos retos.
WARRIOR STRONG
WAYNE STATE
UNIVERSITY
wayne.edu